

## Triathlon

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1. Give three Bible principles and two Spirit of Prophecy principles to support exercise.
2. Give a report on the correct diet to maintain peak physical condition and how this was maintained for the duration of training. Include fluid intake during and pre-competition, and in-competition food intake.
3.
  - a. Give guidelines for correct training, including warm-up, stretching, injury prevention, prevention of overtraining, etc.
  - b. Present your regular training program.
  - c. List the correct equipment, including bike, shoes, clothing.
4. Exhibit knowledge of the techniques of swimming, cycling and running.
5. Compete in all three aspects of a recognized triathlon event, either solo or as a team member, where the triathlon is similar to:
  - a. Swim—500m
  - b. Cycle—15km
  - c. Run—10km
  - d. within 4.5 hours.

## Triathlon, Advanced

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1. Have the Triathlon Honor.
2. Developing a training schedule for yourself.
3. Keep a training log for two months.
4. Participate in an Advanced Triathlon as a solo participant, where the triathlon is similar to:
  - a. Swim—1.5km
  - b. Cycle—40km
  - c. Run—10km
  - d. within 4.5 hours.

